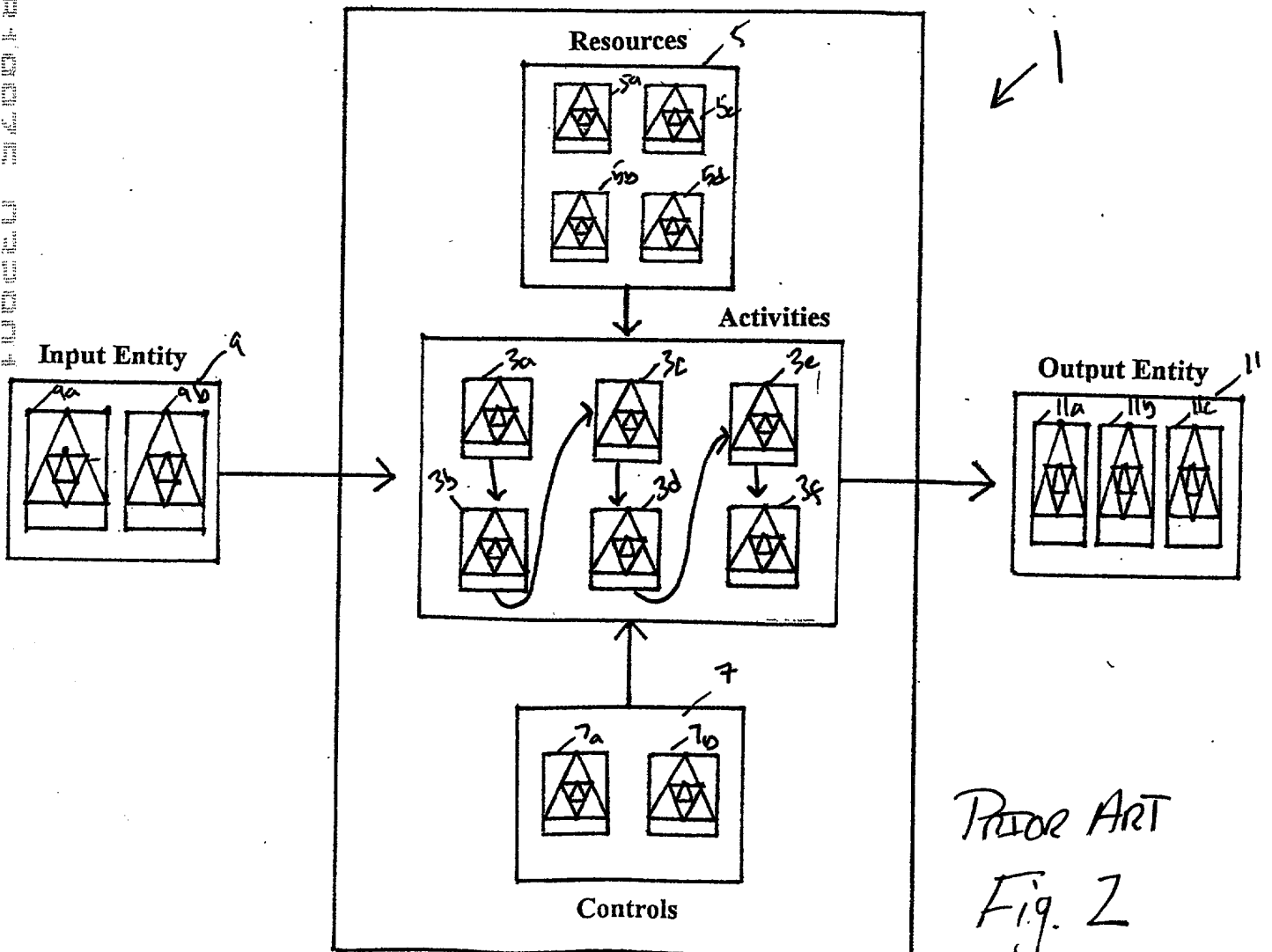


Prior Art
Fig. 1



Prior Art
Fig. 2

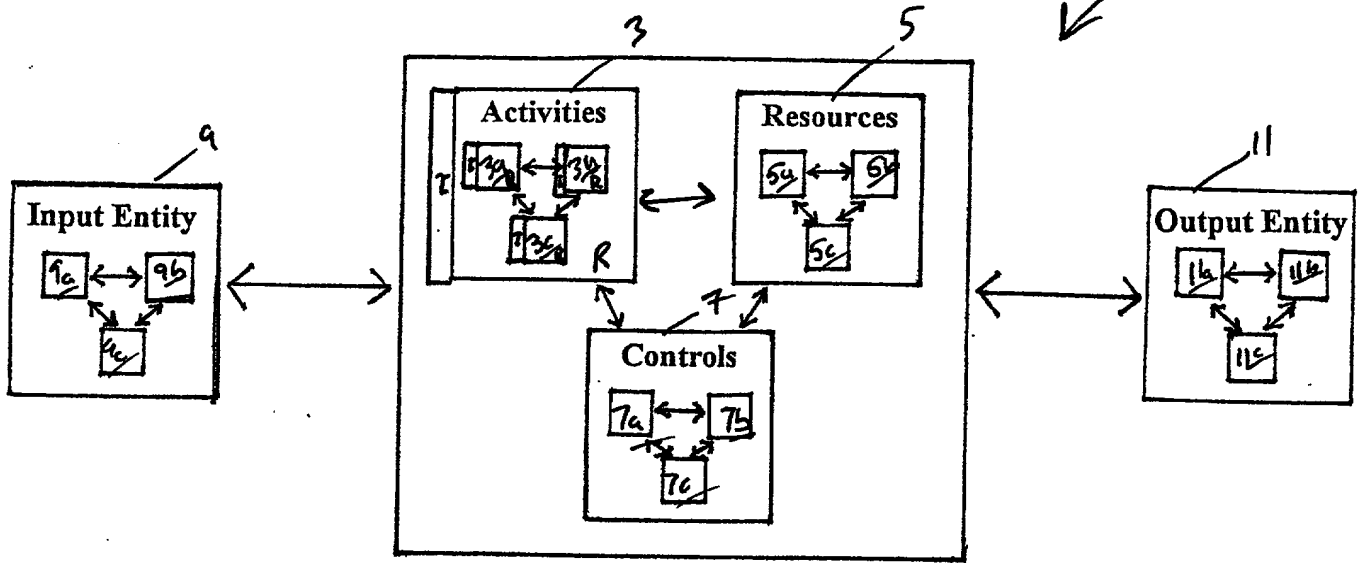


Fig. 5

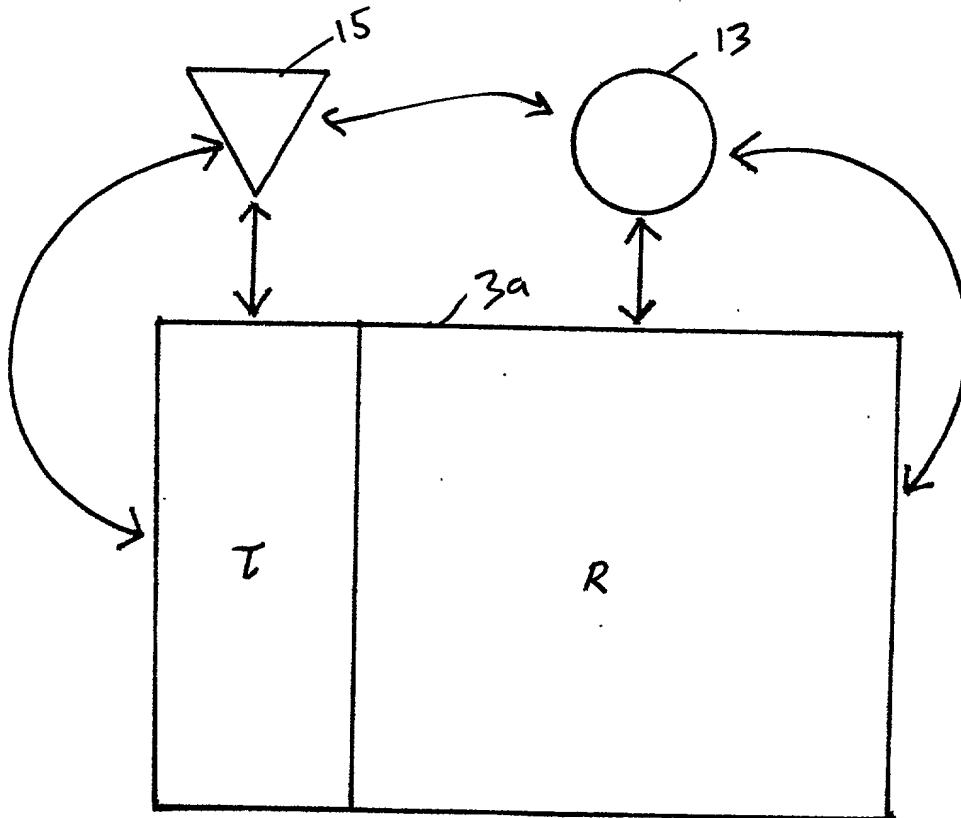


Fig. 6

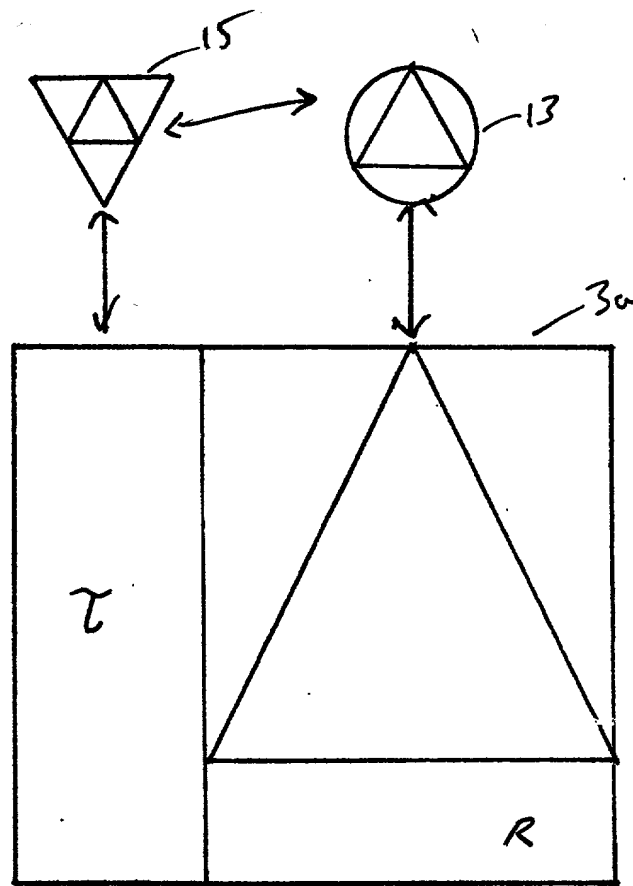


Fig. 7

Downloaded from ascelibrary.org by Seattle University on 06/01/15

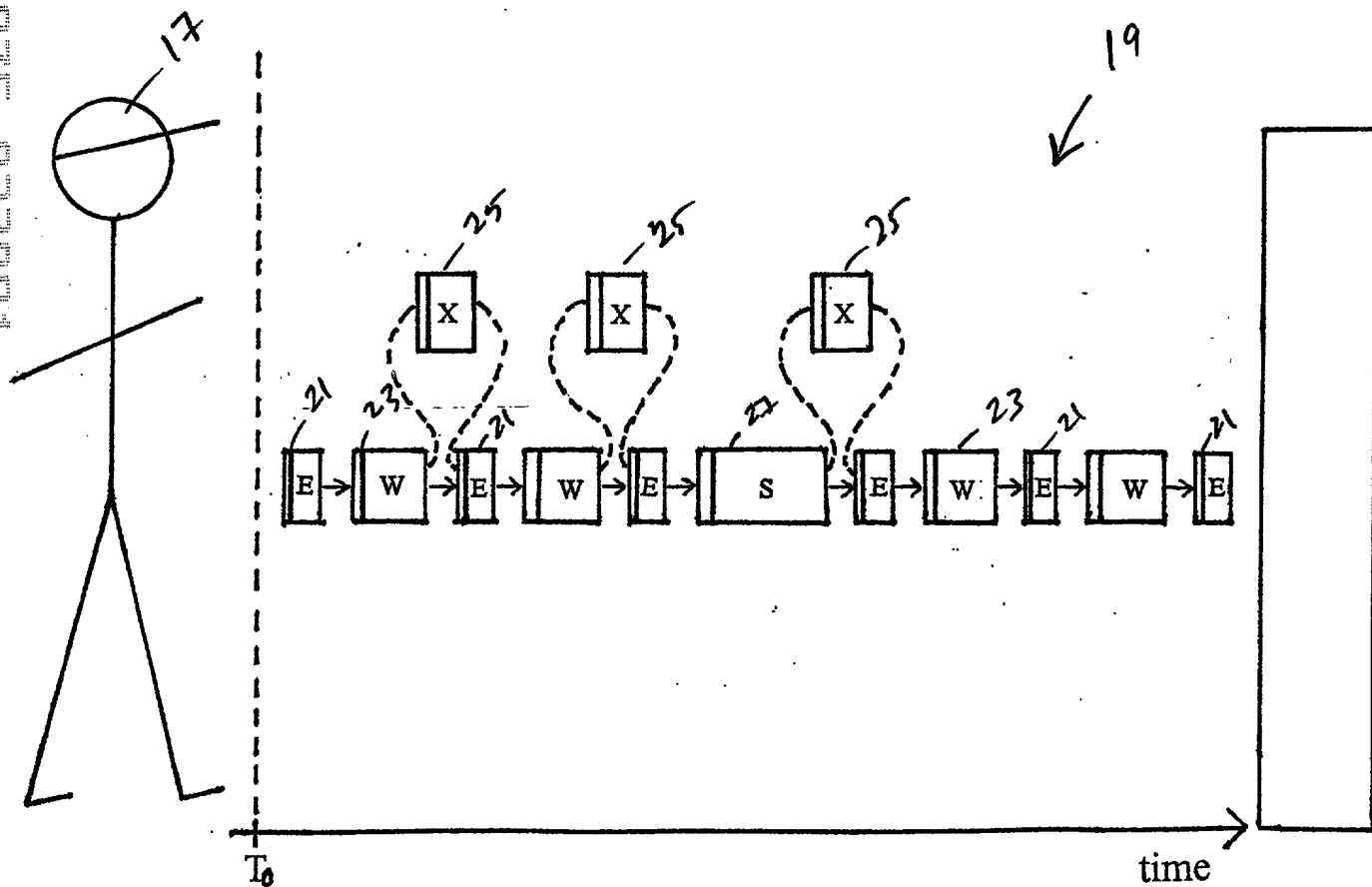


Fig. 8

Exercise Relative to Body Systems (29)	
Exercise	Types of Exercise (31)
	Exercise Relative to Inputs (35)

Fig. 9

3b

	Exercise Relative to Body System		
	Cardiovascular	Respiratory	Muscular
τ	R	R	R
	M	M	M

Fig. 10

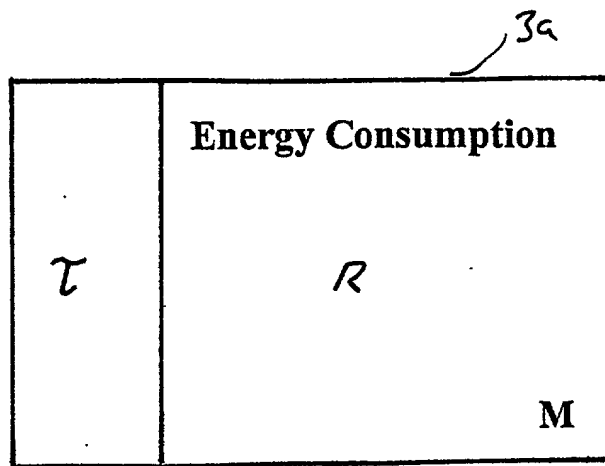


Fig. 11

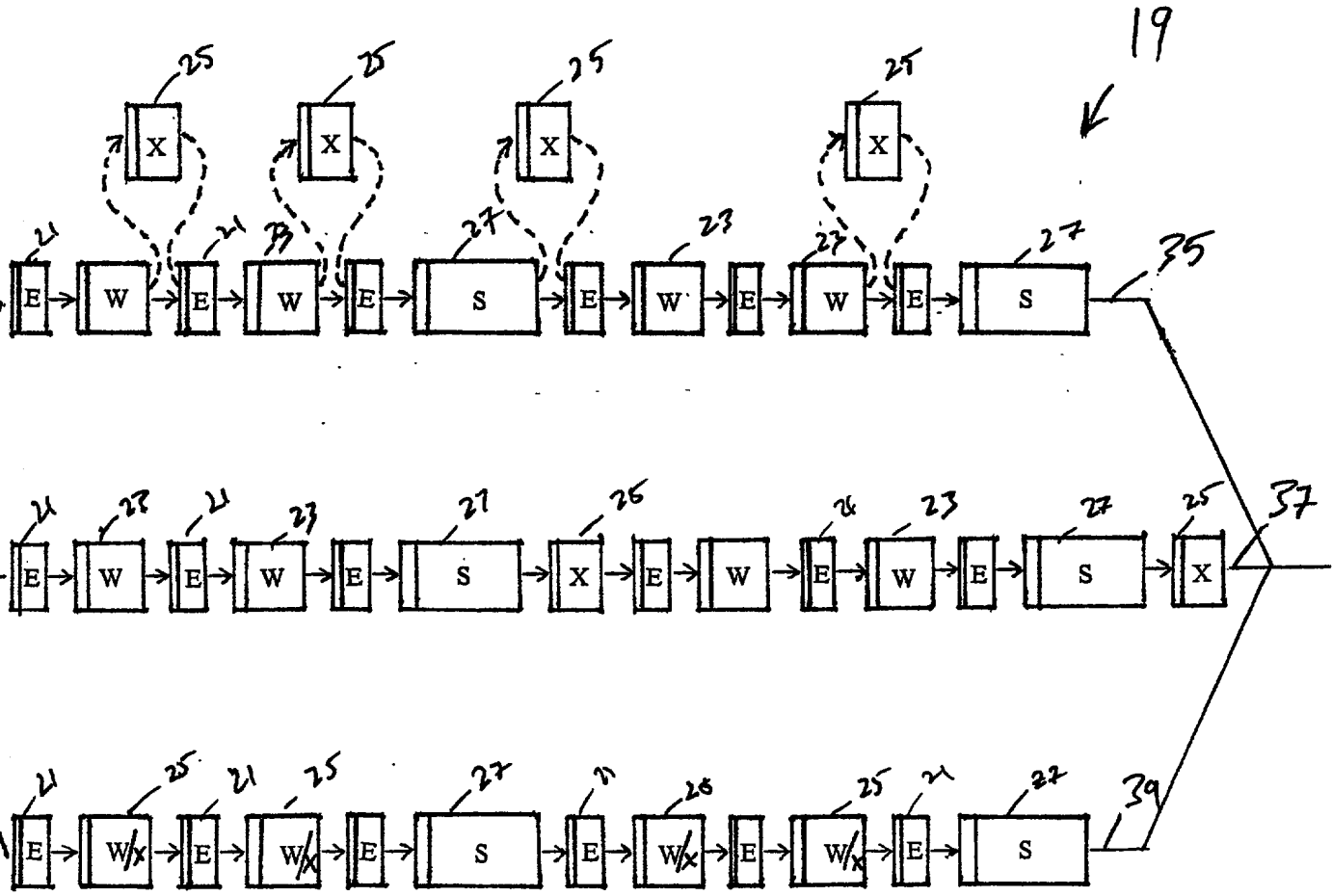
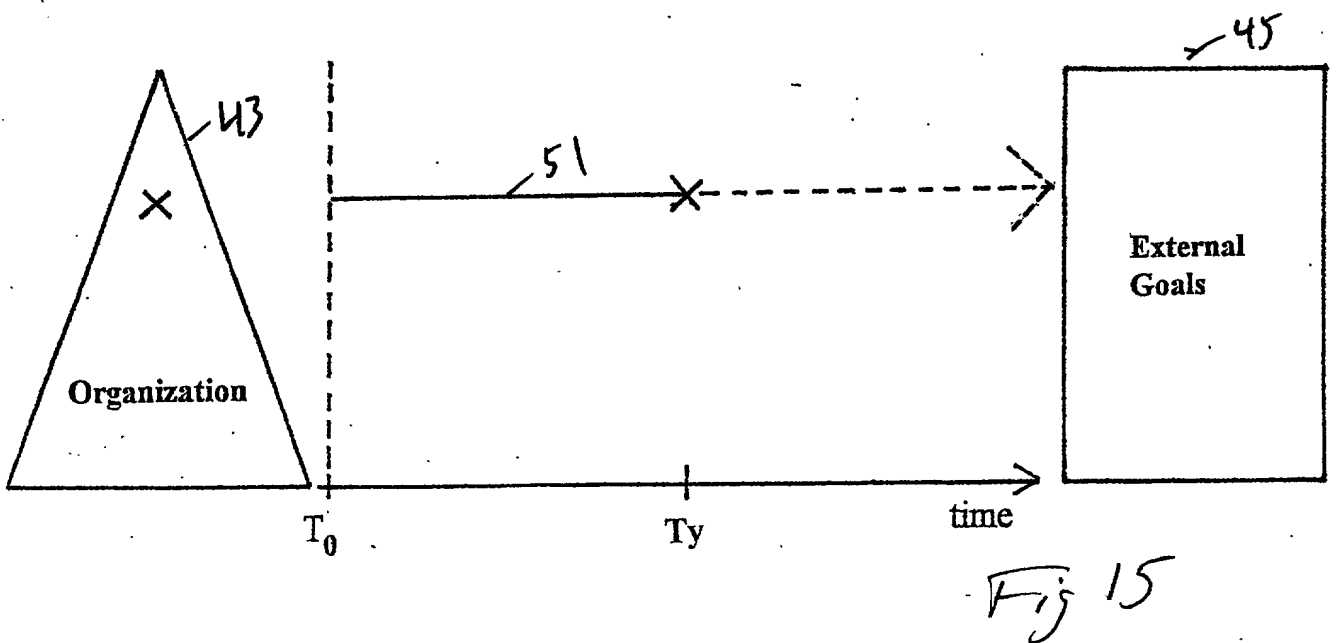
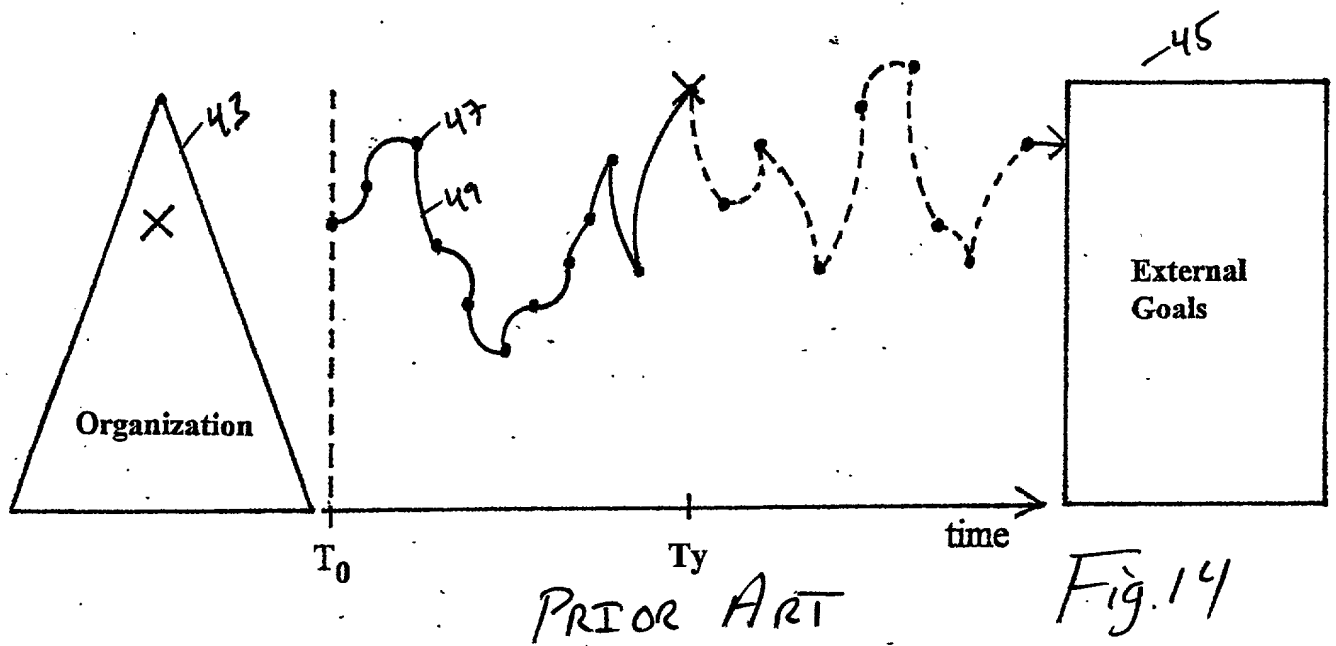
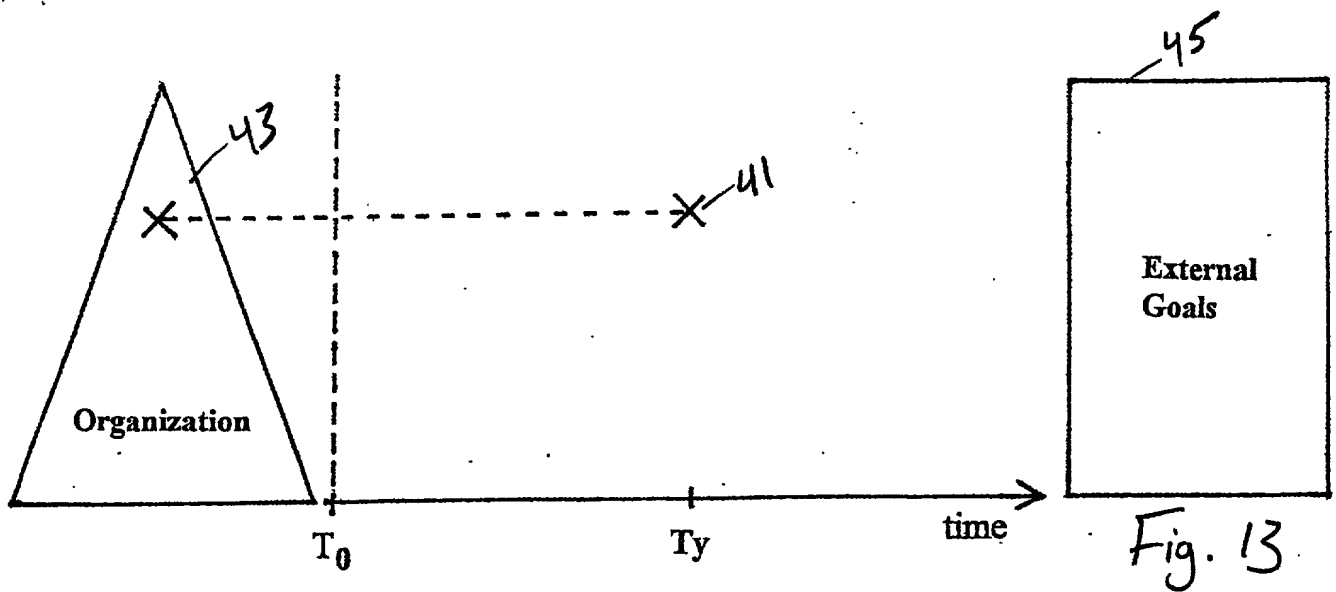
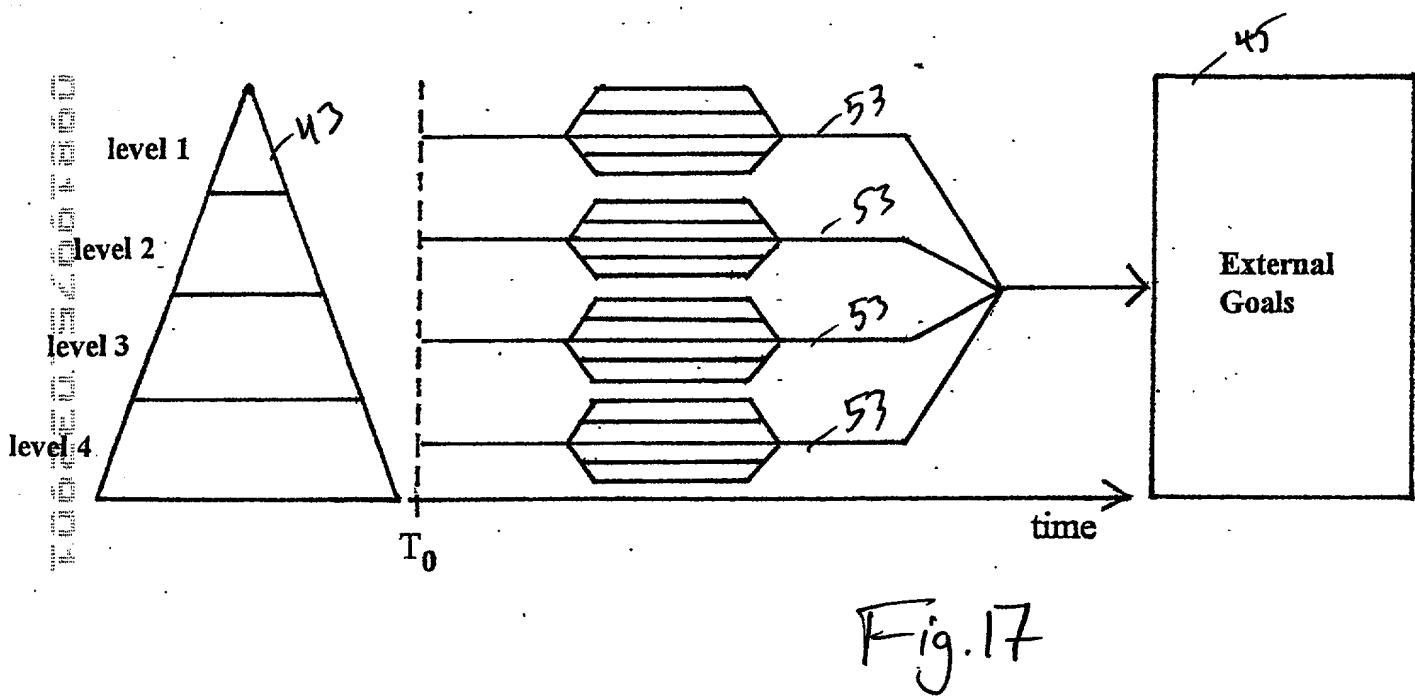
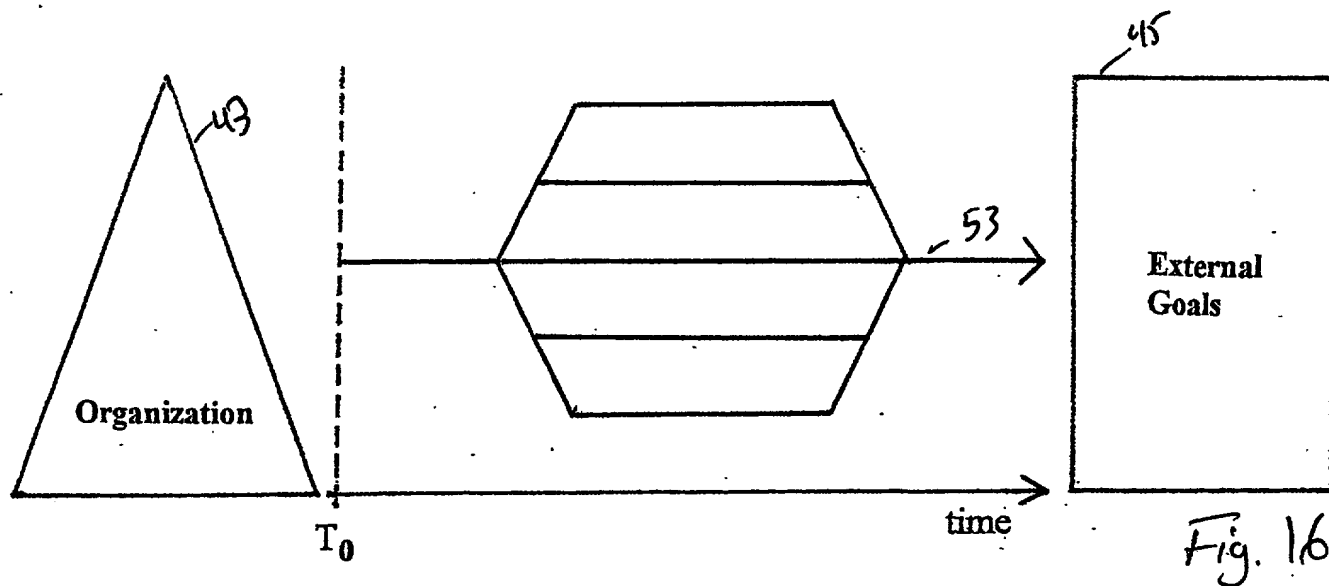


Fig. 12





Downloaded from www.scribd.com

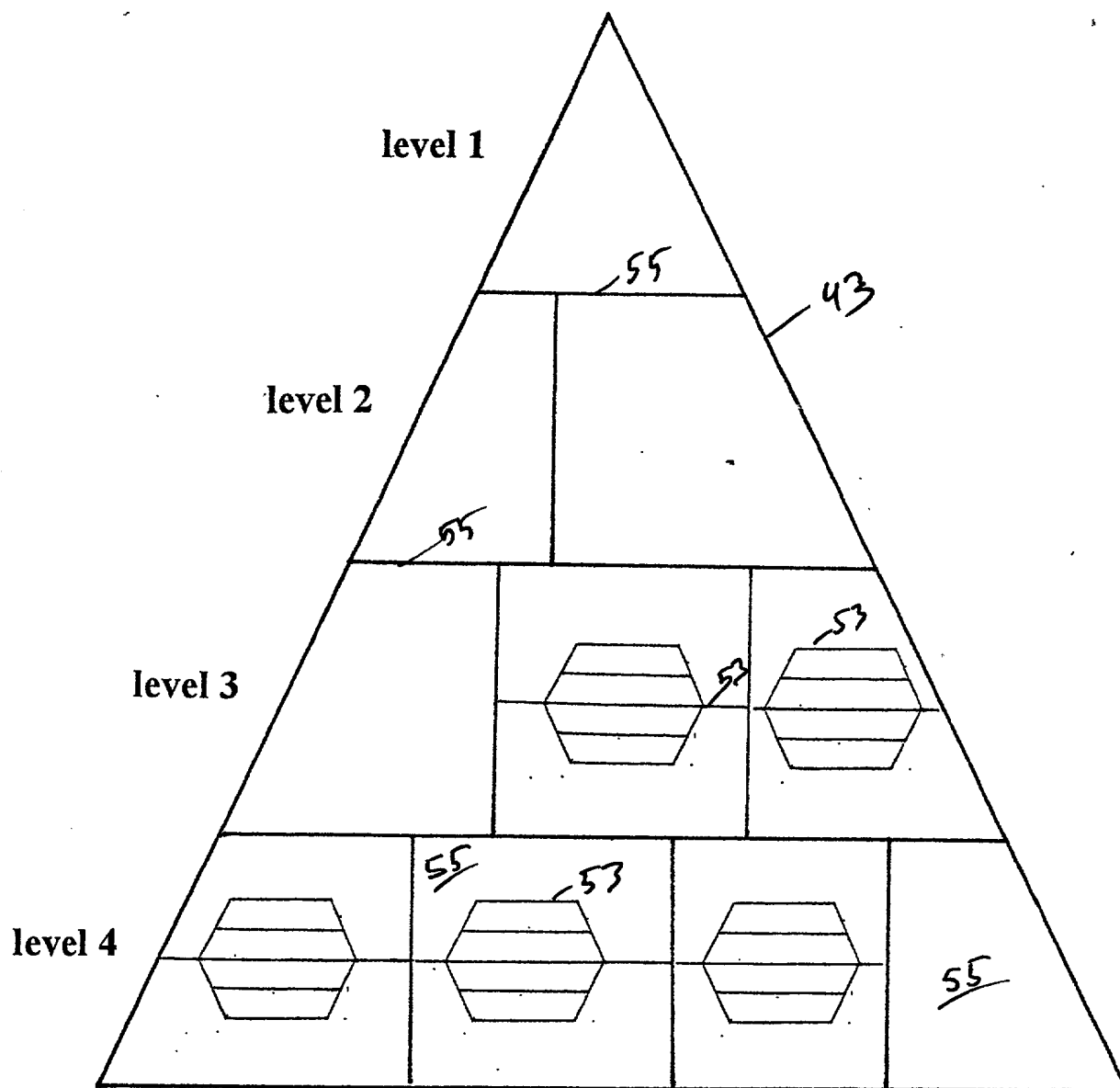


Fig 18

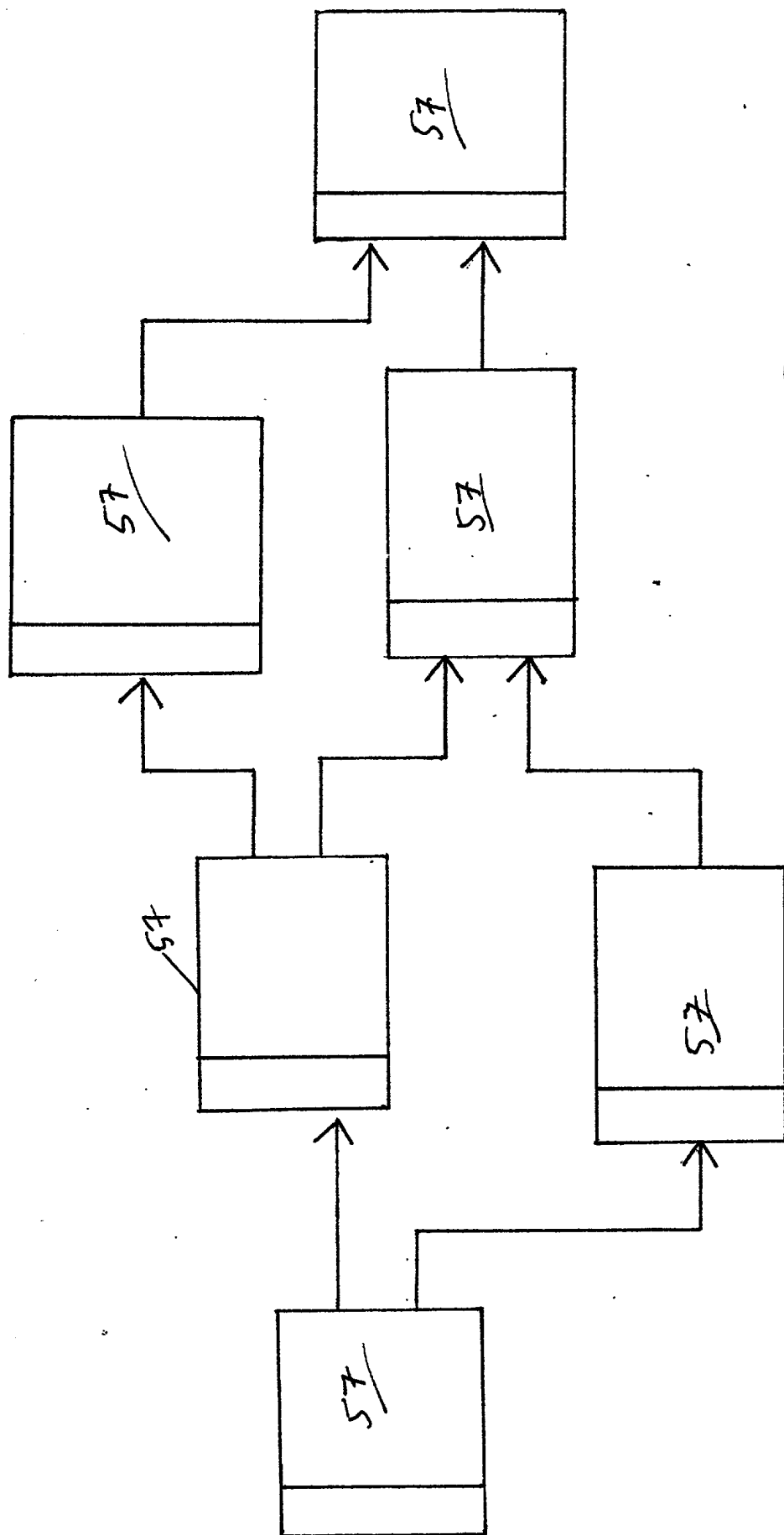


Fig 19

FIG. 20

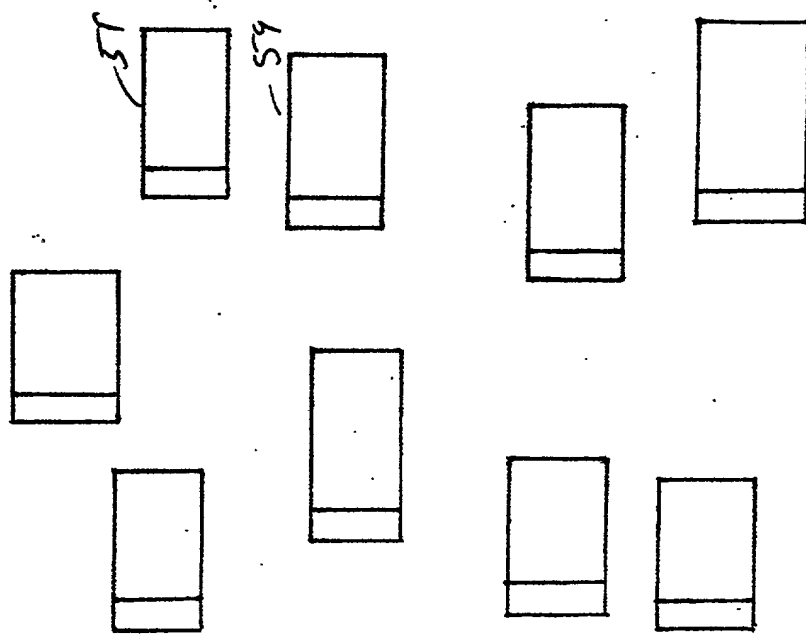
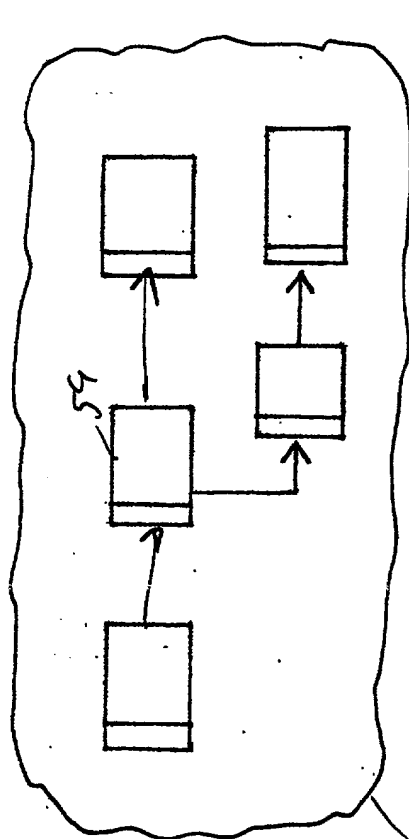
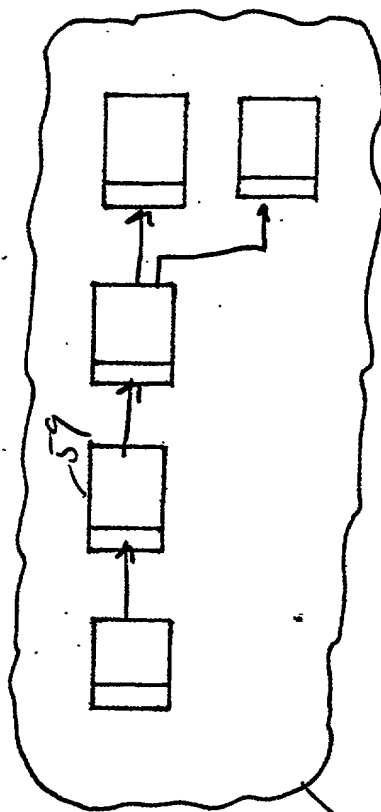


Fig. 20



61



61

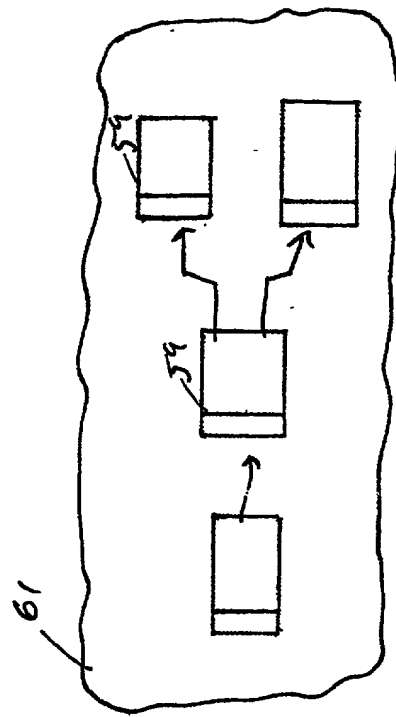


Fig. 23

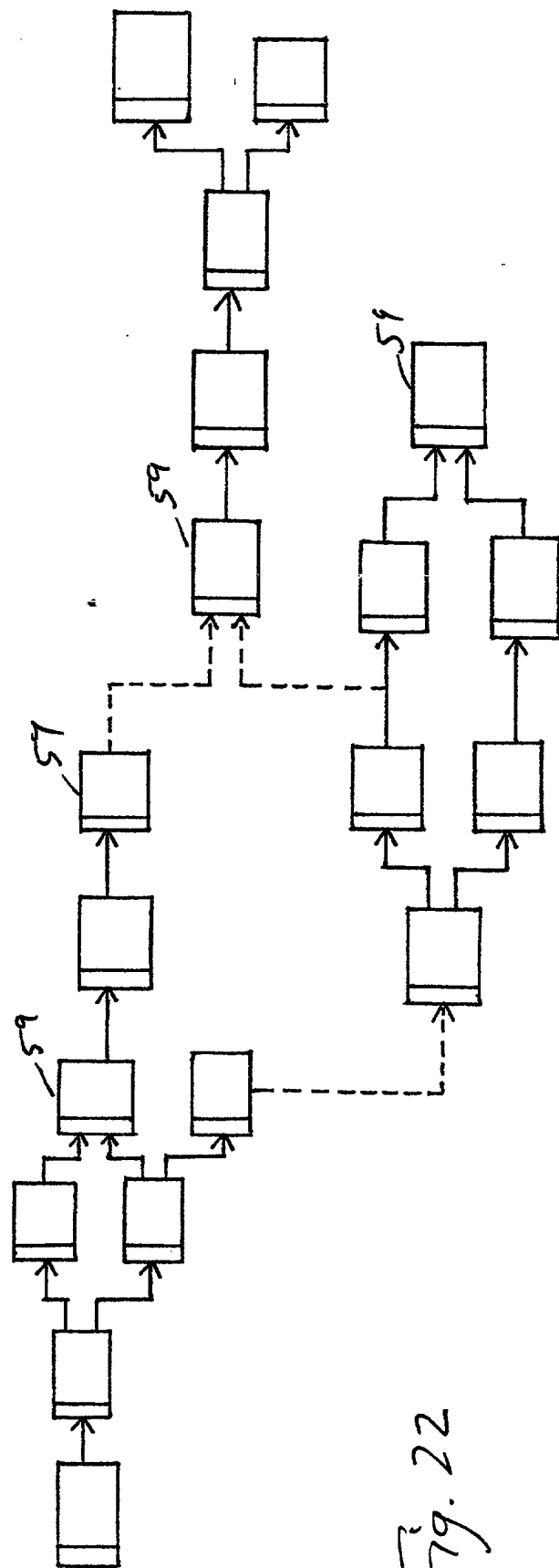
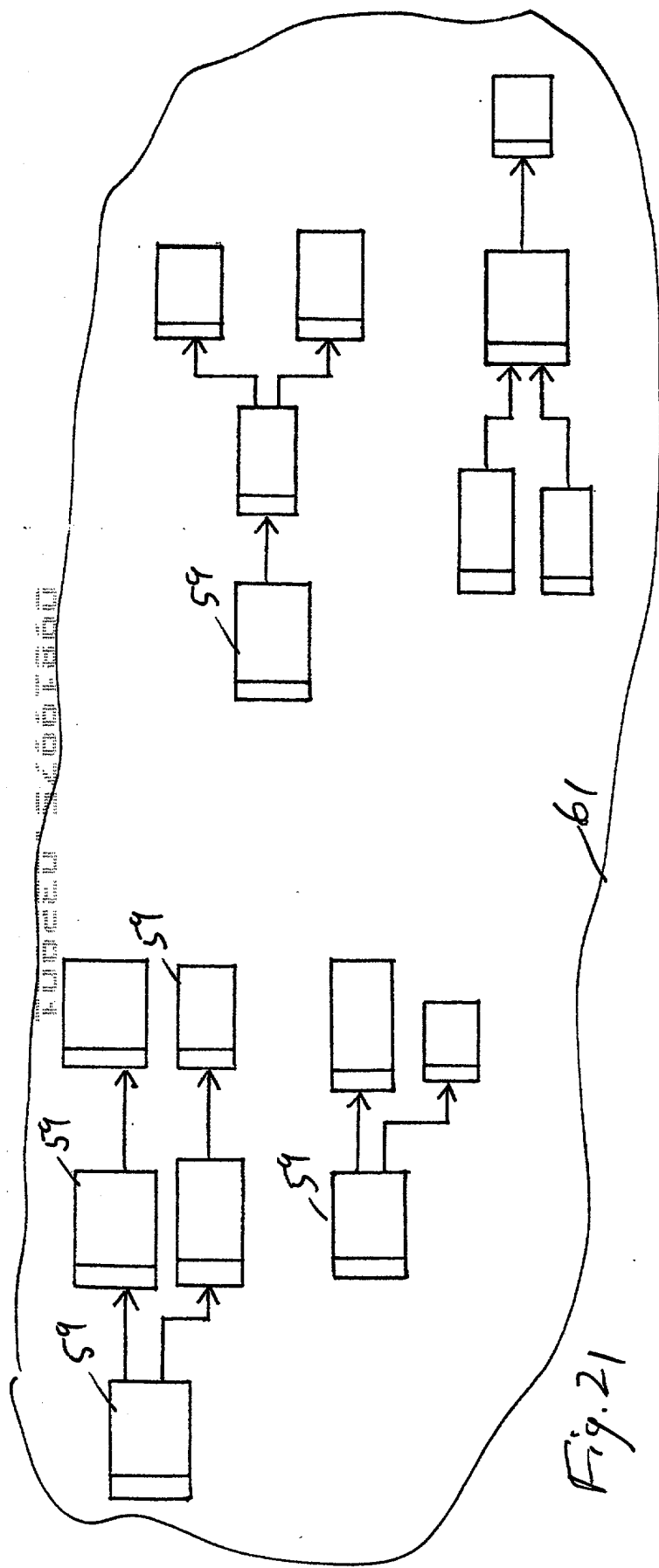


Fig. 22

FIG. 24

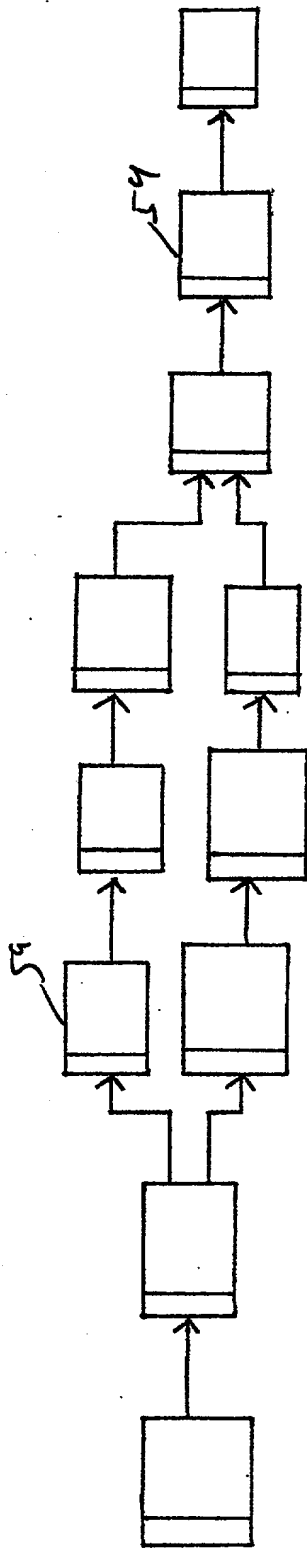


Fig. 24

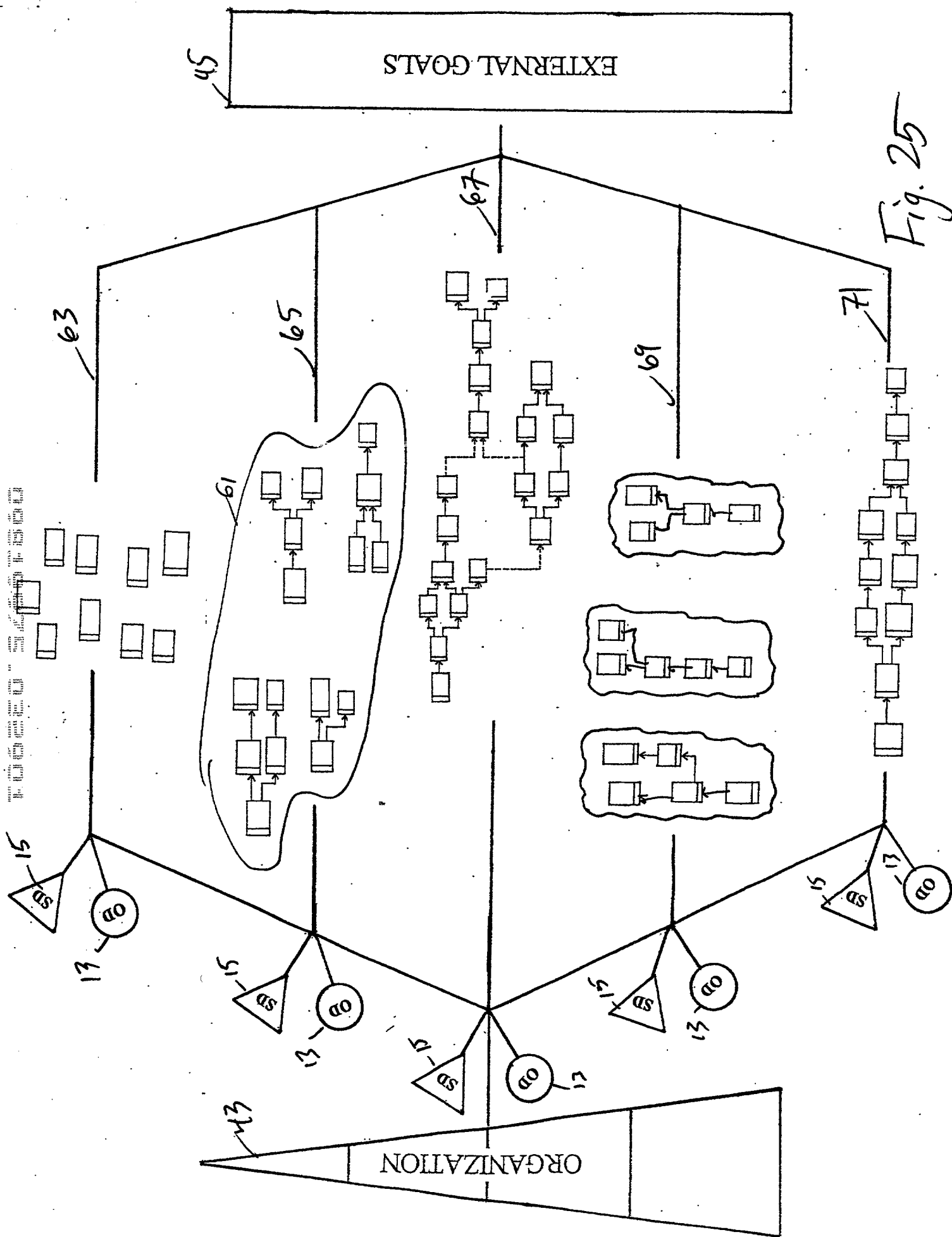


FIG. 26

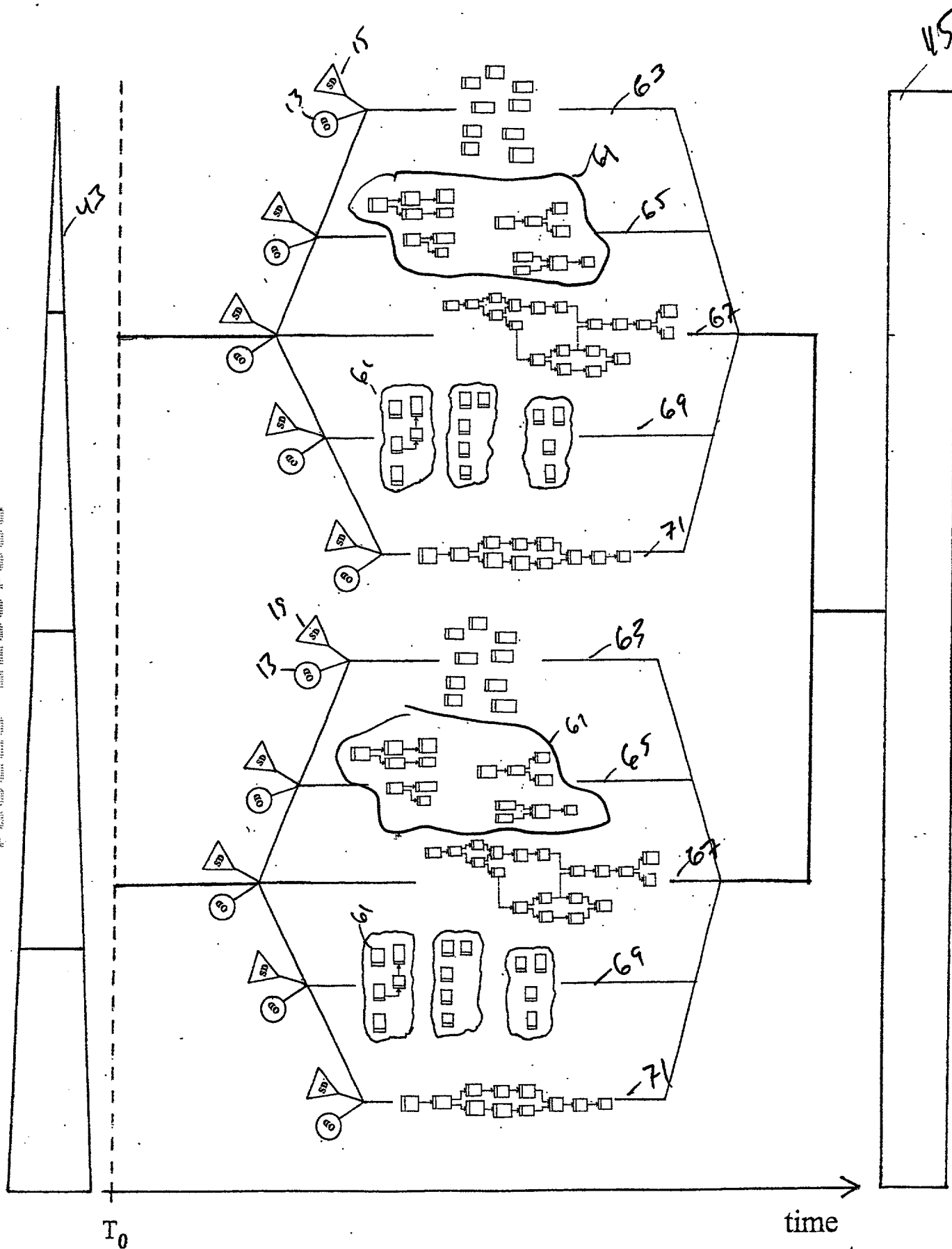


Fig. 26

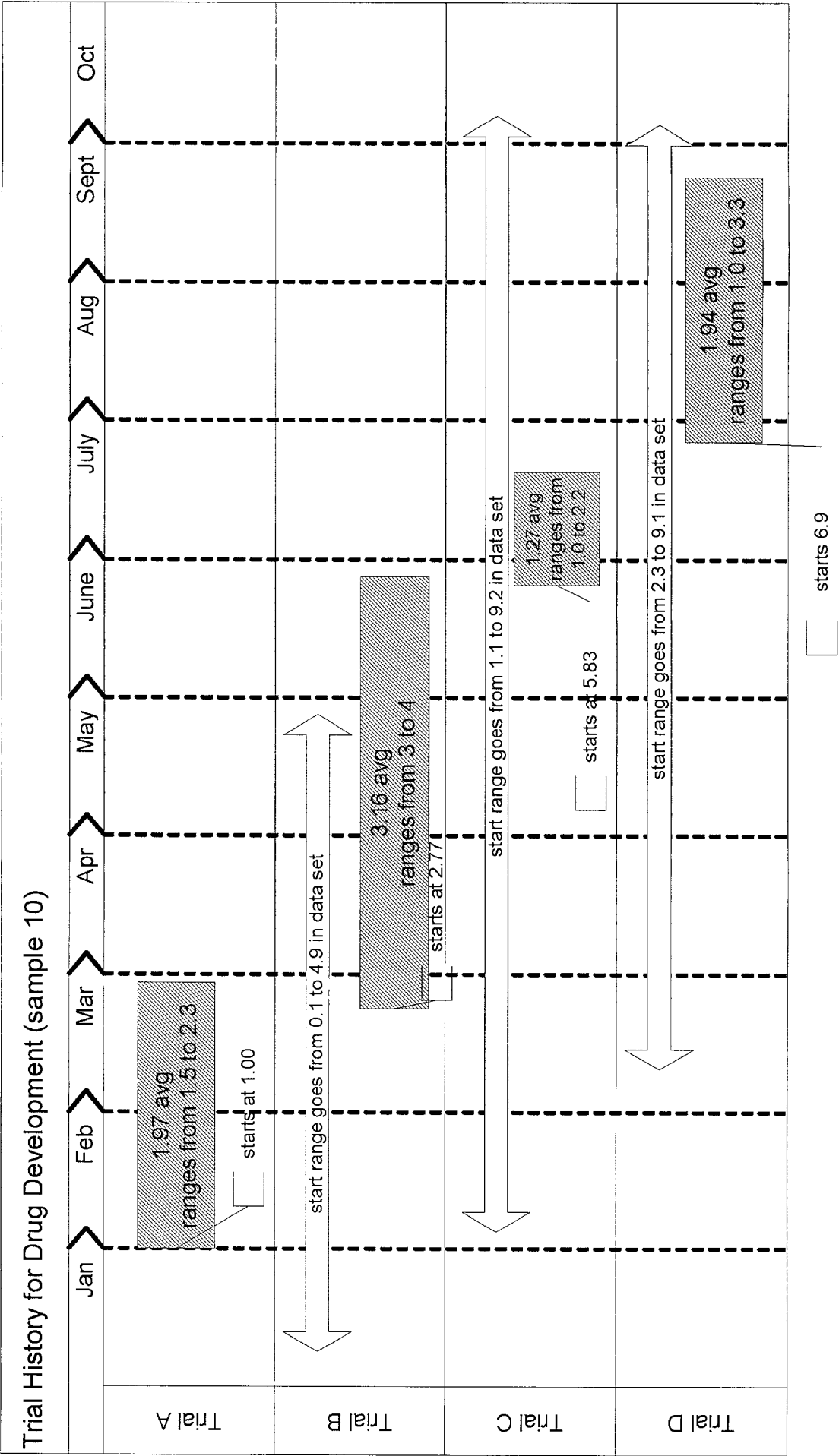


Fig. 27

Project A

1998

Opps:

Risks:

16.75

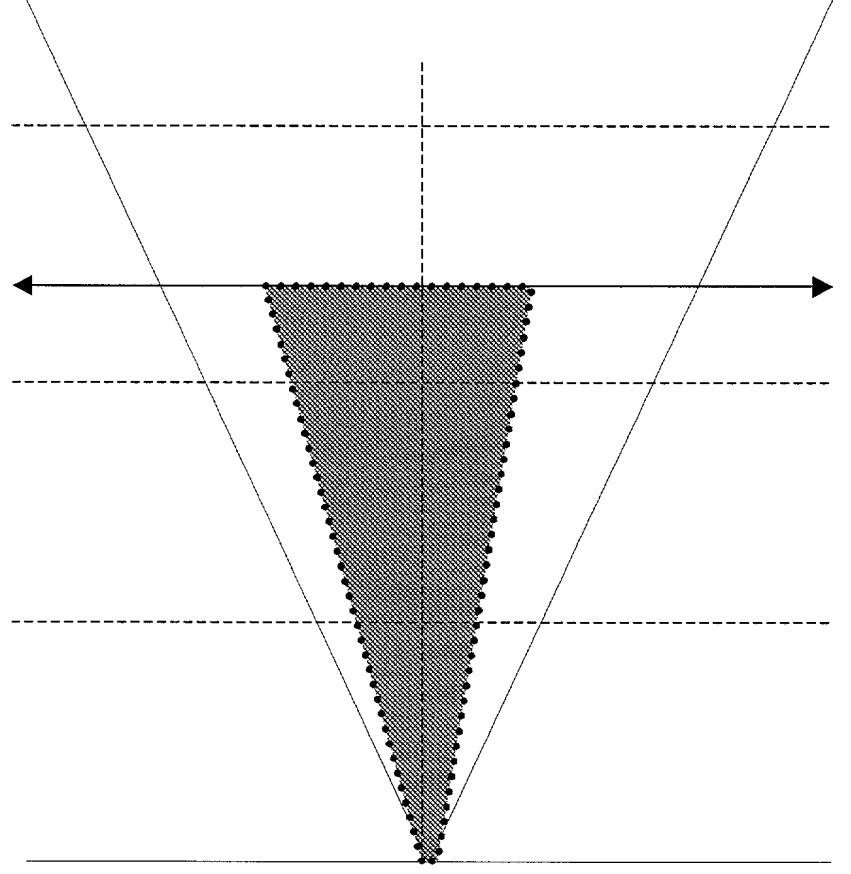
13.25

Weighted average of

Level II = 1.0

Level III = 0.75

Opportunities



Risks

Level 1 Level 2 Level 3

Fig. 28

Project B

1998

Opps:

Risks:

21

16.25

Weighted average of

Level II = 1.0

Level III = 0.75

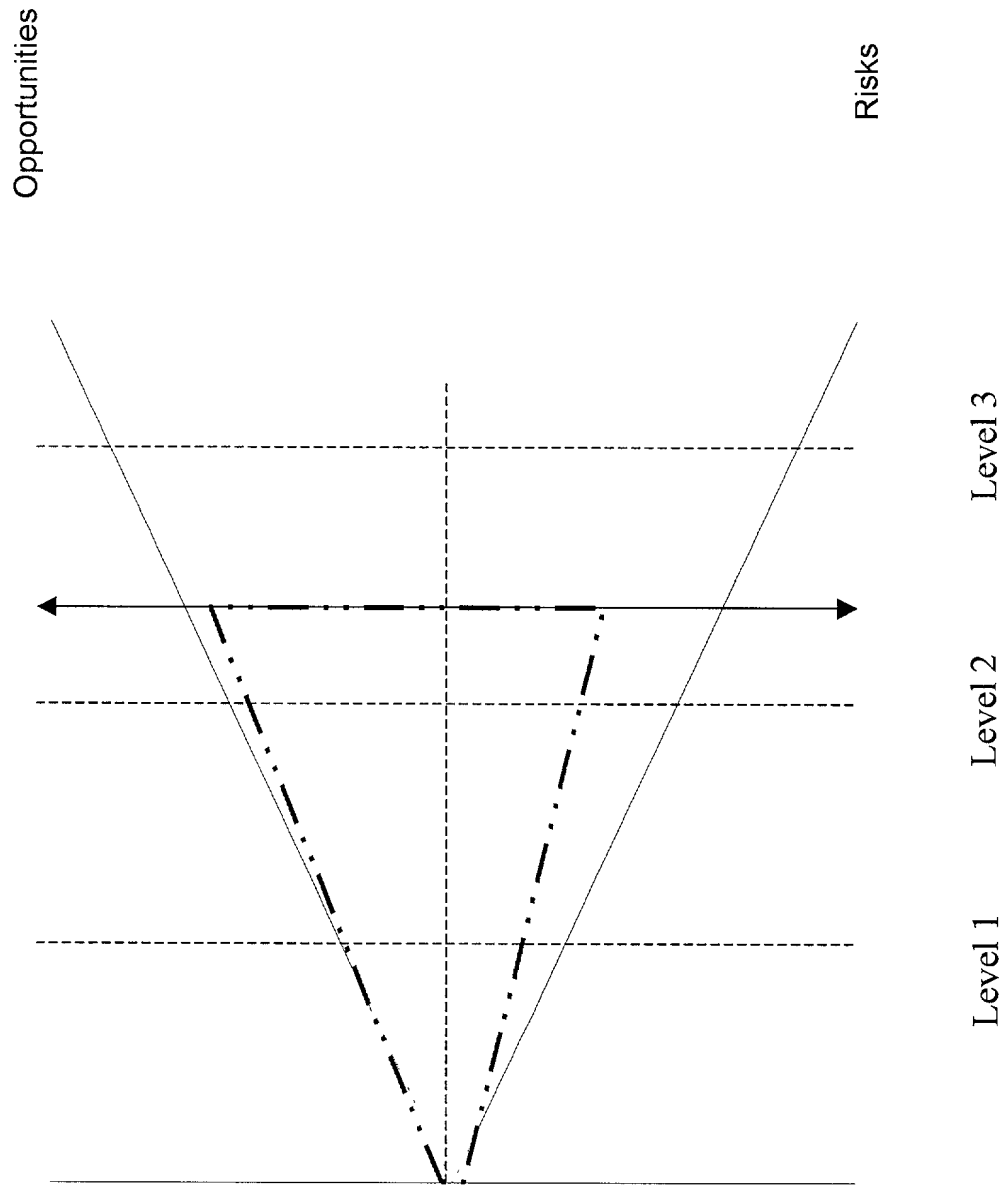


Fig. 29

Project C

1998

Opps:

Risks:

18.75

21.75

Weighted average of

Level II = 1.0

Level III = 0.75

Opportunities

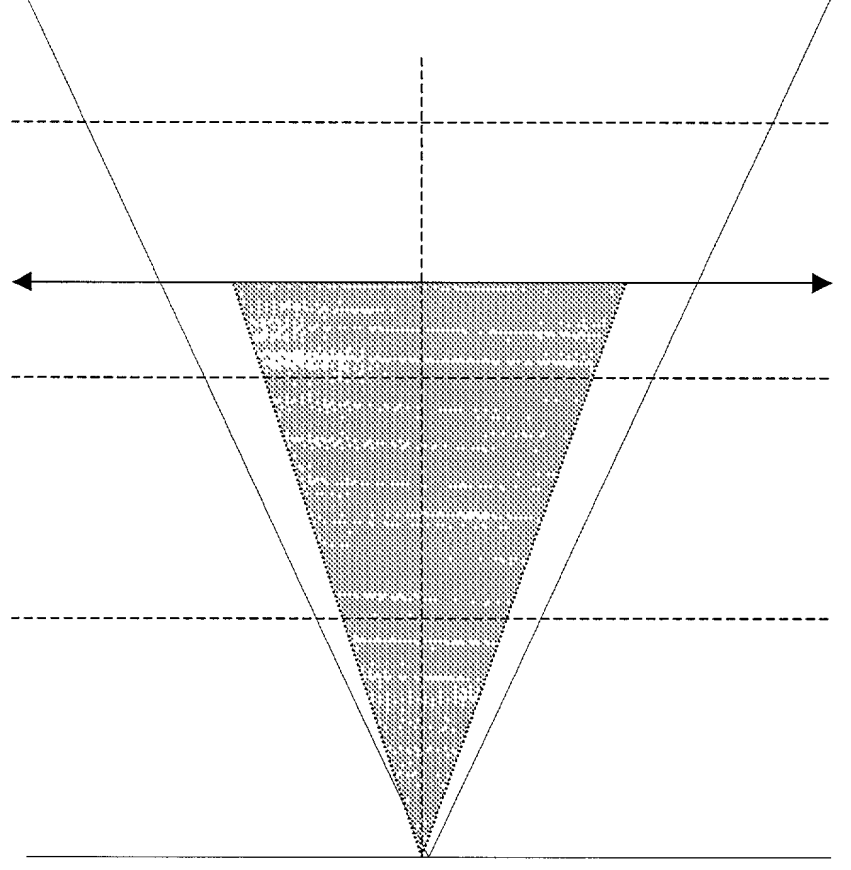


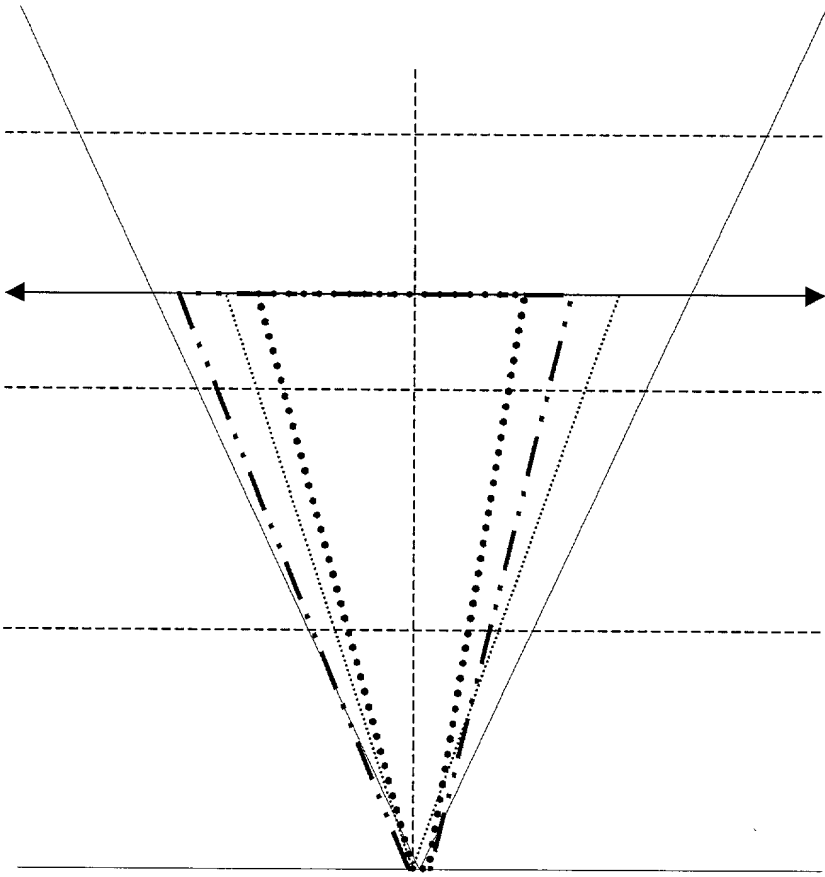
Fig. 30

Projects A, B, C
1998

Weighted average of
Level II = 1.0
Level III = 0.75

Opportunities

Risks



Level 1 Level 2 Level 3

Fig. 31

Project A

1999

Opps:

Risks:

20.5

9.25

Weighted average of

Level II = 1.0

Level III = 0.75

Opportunities

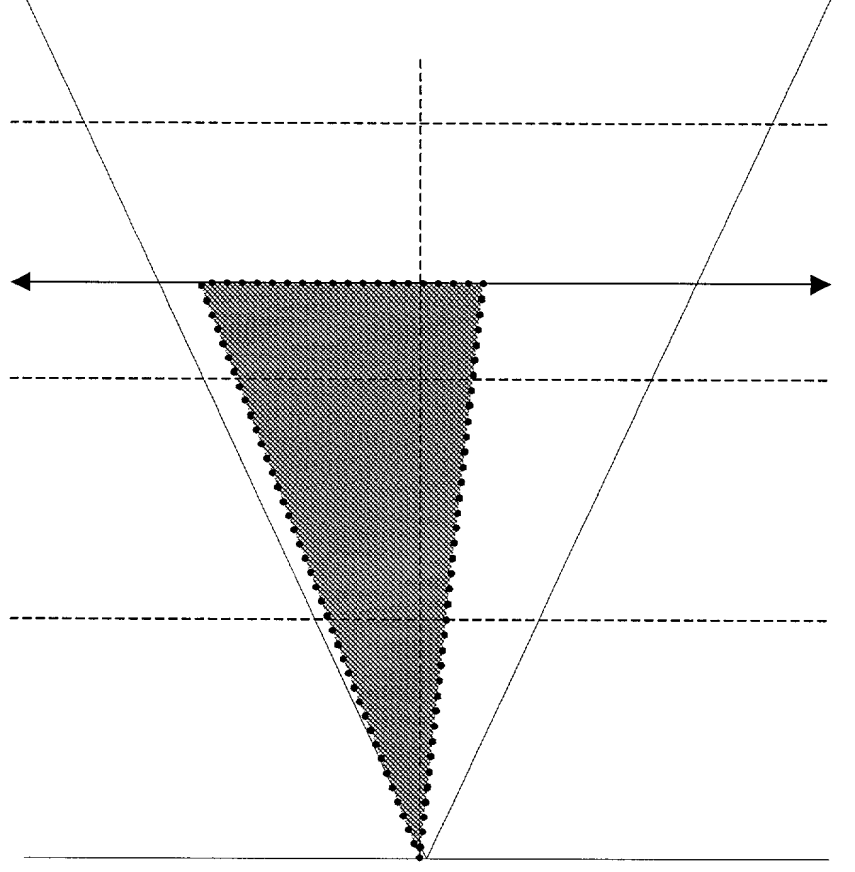


Fig. 32

Project B

1999

Opps:

Risks:

18.25

17.25

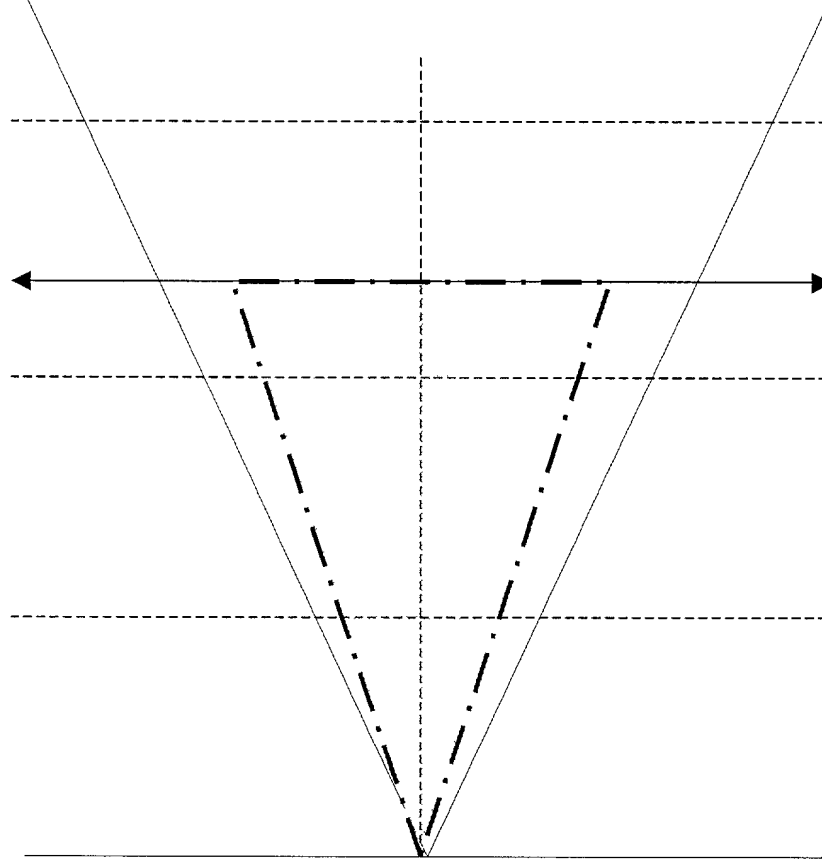
Weighted average of

Level II = 1.0

Level III = 0.75

Opportunities

Risks



Level 1

Level 2

Level 3

Fig. 33

Project C

1998

Opps:

Risks:

17.75

20.75

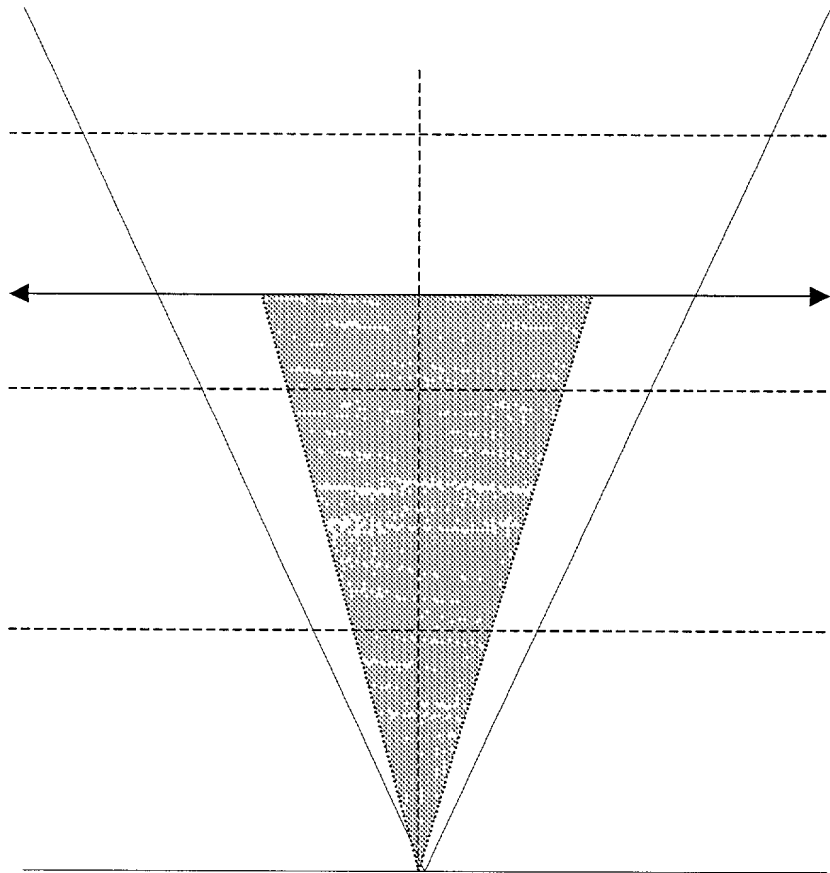
Weighted average of

Level II = 1.0

Level III = 0.75

Opportunities

Risks



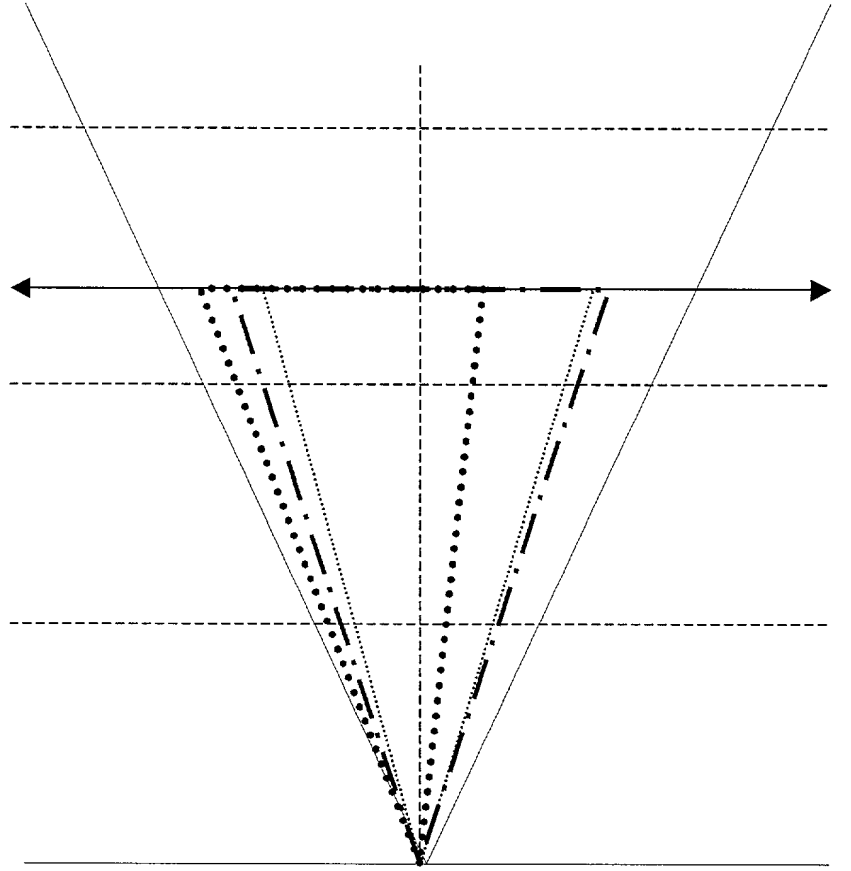
Level 1 Level 2 Level 3

Fig. 34

Projects A, B, C
1999

Weighted average of
Level II = 1.0
Level III = 0.75

Opportunities



Risks

Level 1 Level 2 Level 3

Fig. 35

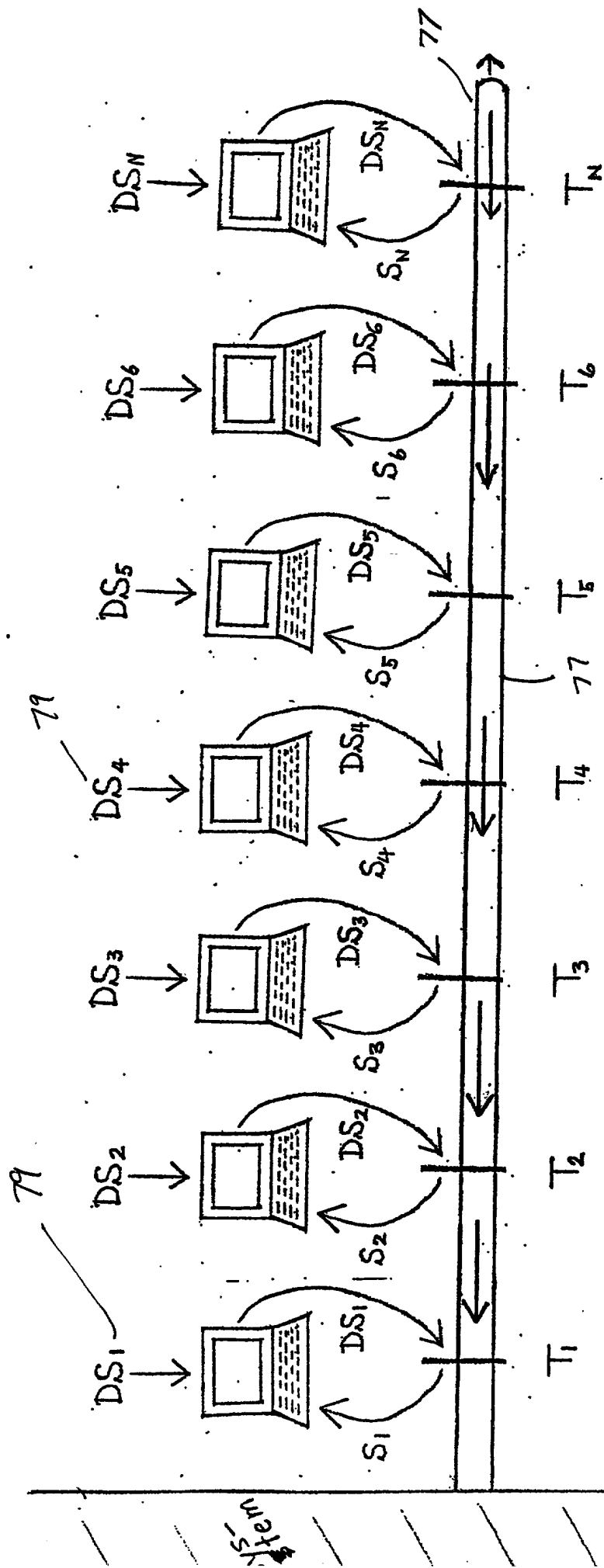


Fig. 36

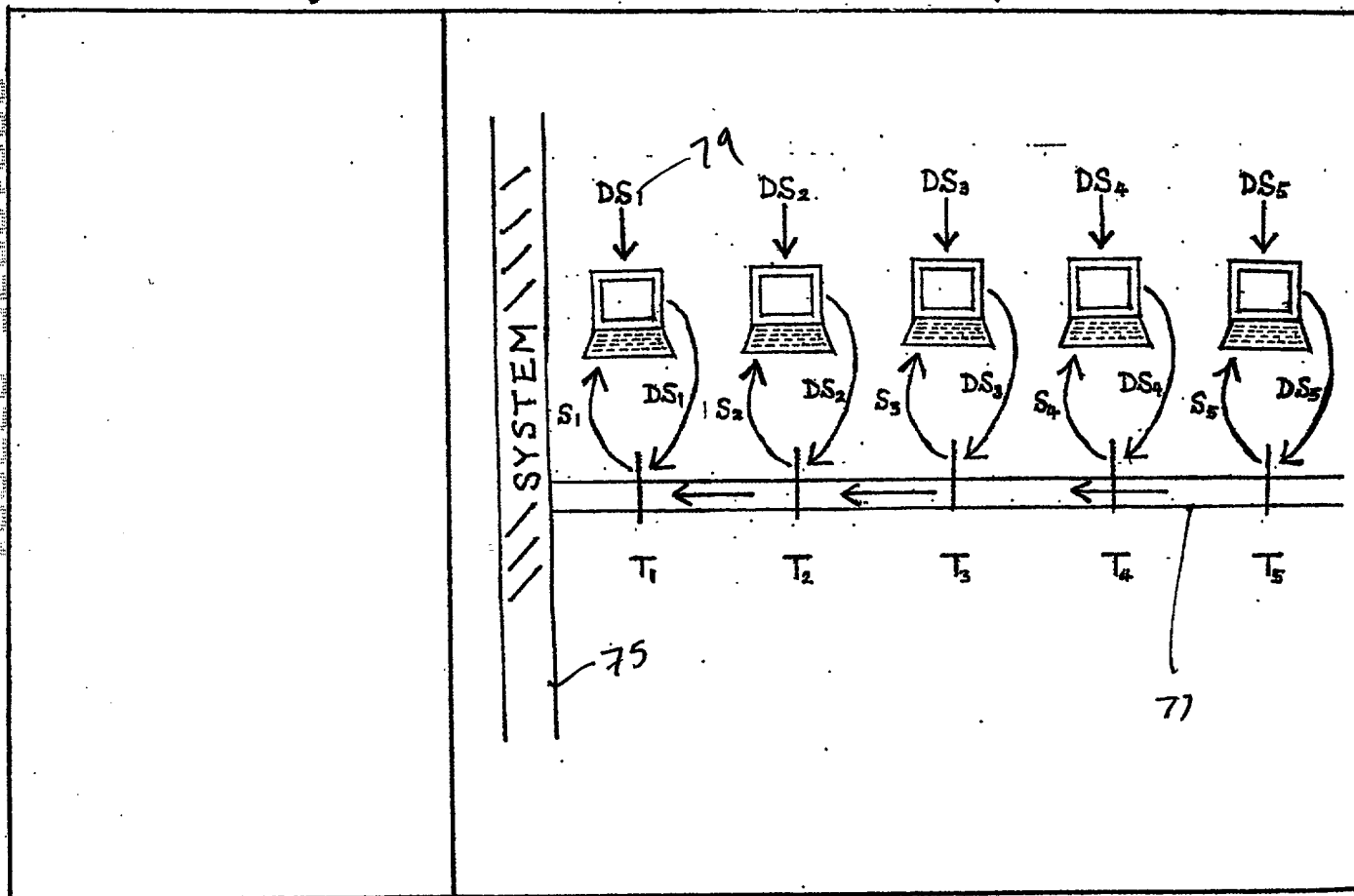
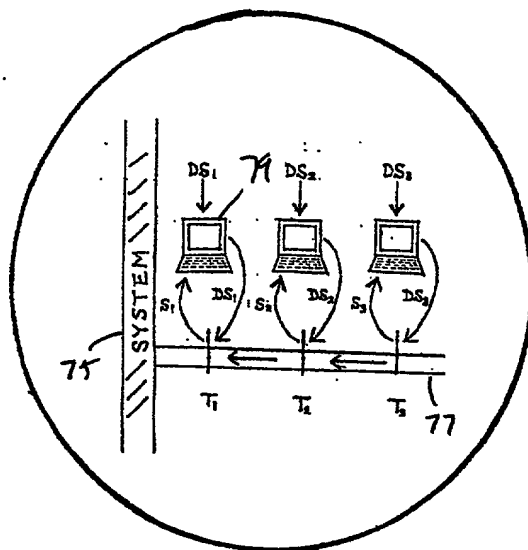
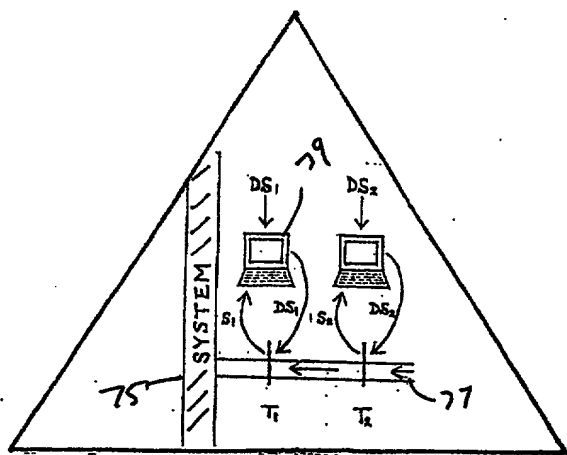


Fig. 37